

Saving Money in the Home; Little Tricks For Women in Household Economics

By Elizabeth Lattimer.

FRENCH people almost always have a bit of fruit for their dessert, or I should say, for their dessert.

We are commencing to realize the efficiency of this custom and are realizing also that we must have a certain amount of fruit each day.

When we cannot get the fresh fruits, then the canned variety is used, but especially for children I prefer to use the jams and jellies.

Ever stop to think why we use jelly or mint sauce or something acid with mutton? And why we want apple sauce with pork? It is because the meat is not supplied with the necessary elements the body needs, and the apple, for instance, cuts the fat of the pork. That is why fried apples are always good with bacon.

Valuable Properties.

Fruits are noted for the amount of water they contain, but are chiefly valuable for their sugar, salts and acids, that are cooling, refreshing and stimulating.

They are a tonic and a blood purifier if used in all seasons, and we in the warmer climate should take advantage of the lemon and oranges particularly because of the valuable citric acid they contain.

The largest amount of sugar is found in grapes, bananas, dates, figs and prunes, and consequently are very nutritious.

Melons, oranges, lemons and grapes contain also the largest amount of water and lemons and oranges are also valuable for their potash salts. Apples are among the healthiest of fruits, and they, too, are rich in potash.

For the sake of those who must exclude sugar as much as possible from their diet, it is well to know that plums, peaches, apricots and raspberries have less sugar than other fruits.

In the Jellies.

I was surprised recently when a woman who had reared several children said to me: "But I never knew that jelly had any food properties. I just thought it tasted good." Now, if the fruit which the jelly was made contained food values, or acids, it stands to reason, does it not, that the product of the fruit would contain it?

We know that rhubarb is supposedly acid, yet it is admittedly good for the human system, and surely cooking it into a sauce does not detract from the goodness. Cranberries are said to be healthy, because they contain malic, citric and oxalic acids, yet we would not think of eating them raw.

Sometimes people who cannot eat uncooked fruit can assimilate it when cooked. I have a friend who

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If your first letter doesn't get a prize, try again. Even if it does, that is no bar to your getting another if your idea is worth it.

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ELIZABETH LATTIMER.

never eats a raw apple, but she can eat them baked as often as she wishes. She never uses sugar on them.

I think we make a mistake by using too much sugar, and to me sliced peaches, either fresh or canned, are an abomination with cream and sugar poured over them. Yet, if you enjoy sugar and cream, that is your business, not mine. But do you recall that sometimes the cream sort of curdles on the fruit, because of the acids? Wouldn't you rather have the fruit go into your stomach whole than that curdle?

But what I want most to say here is that jams and jellies have a food value, decidedly so. Consequently when you give the children bread and jam they are getting more than a "tasty spread." They are getting a real food, and what you find in the fresh fruits you will find in the cooked commodity.

This Letter Wins Today's Economy Prize.

DEAR ELIZABETH LATTIMER:

In making a dress I needed twelve yards of bluing as trimming. In order to have that amount, I had to cut three times that in straight yards, which is charged for at the rate of 10 per straight yard. Finding that the same rate was charged for two as wide as the single width required, I cut the strips double width, drawing a line from the center as a guide for cutting after it was plotted, thus having to pay for having eighteen yards of bluing instead of thirty-six, and thereby saving \$1.35, as well as making it easier to stitch the bluing in place before cutting and preventing loss from ravelling edges because of much handling.

MARGUERITE MERIGOLD, Olympia, apartment, 54, Fourteenth and Euclid streets, northwest.

When a Girl Marries

By Anne Lisle.

Whose Serial, Now Running, Has Won a Great Popular Success.

"EVVY's gone!" gasped Neil. For a minute he stood staring down the road where Evvy's blue car had disappeared in a swirl of dust. Then he jerked around to the tea-tray where a ring lay looking small and deserted amid the contrasting largeness of cups and saucers and glasses.

Jim's eyes were fixed on Neil with a queer expression and a quizzical and dental smile as if he were measuring Neil and trying to force him to measure up.

In their long first period of misunderstanding I had stood between two boys and tried to interpret each to the other. Now I had to let them alone, to permit them to work out their own estimates of each other.

Neil looked up suddenly and met Jim's gaze. He stared at him with the same look of probing Jim was fixing on him. Then, as if the words were wrenched from him, Neil exclaimed aggressively: "If you're a Babba, again, Jim—if you're being here like this means any unhappiness for my sister—you shan't get away with it. I promise you that."

Jim actually grinned. He advanced with quick stride, grabbed Neil's astonished hand and began pumping it up and down.

"You're all right, youngster," he cried. "Some of the best sports in the world are worried at Anne, turn and take a slant at her. Does she look as if I'd hurt her—as if she doubted me?"

Neil—his hand still gripped by Jim's—turned almost incredulously: "Rather a surprise."

"It doesn't feaze you—finding Jim here like this—with her?" said jerkily, avoiding Evvy's name. I gathered myself to meet Jim's every expectation as I replied: "It's Evvy who seems to have been teased. She's a Babba—and me it clear, too—that she doesn't want to see any of us again—ever. She didn't try to save your pride, Neil. She didn't seem to have much of her own to save."

"All even dismissed—together," said Jim dryly. "Shall we clear out, Anne? Will you drive us back to town?"

Then, too boldly, I feared, he picked up the discarded ring and stood studying it.

"Neil, old chap, what's Evvy Maon thinks of us is pretty clear from what she said to us when she got through with us. And she's through, all right. But I'll bet we never do much talking on that score. I'm darn glad Evvy has marched herself out of our lives. Shall we be starting along?"

He held out the ring as he spoke. But Neil, his face matching his hair, stammered: "Would you just give it to Babba to keep for me?"

I took the ring and slipped it into the inner compartment of my bag. That made two diamond rings I had received from Neil in one afternoon. But I was pretty sure that one of those rings was only mine in trust.

"Say, Anne, do you want to drive over to the old Harrison place before we go home?" Jim asked as we made ready to leave after giving, by tacit consent, a decent margin of time for Evvy to come back and establish whatever relations she wished with us.

Winifred Black Writes of Forty as Age When We Know Ourselves Well

By Winifred Black.

ID R. OSLER is dead—that doesn't mean a thing to you, does it, Rosy Cheeks?

Well, I'll tell you about it. Dr. Osler was the man who said, some fifteen years or so ago, that every man and every woman knows himself at the age of forty, and a few years later should be chloroformed.

He died not so long ago at the age of seventy—so he must have been considerably beyond forty when he said it.

Only it turns out that he never said that at all really—he just hinted at it, and somebody picked up the hint and made it over into a declaration; and all the world rose up in clamor.

The savants of France were horrified. They said most of the real, creative work of the world was done by men over forty.

The German scientists were outraged. They asserted that nobody ever really discovered what a bug's wing was made of till after he was forty at least.

English country gentlemen wrote letters to the papers about it. Hard-hunting squires in the fifties pooh-poohed the very idea, and elderly belles said they thought Dr. Osler must be crazy—he must, indeed.

The statement was translated into thirty-seven different languages, and we had the Shah of Persia raising his eyebrows in amazement, and up in the Libanerie of Tibet the yellow monk, they say, stopped telling their strange and heathenish beads to oackie derisively at the notion.

Here in America the newspapers devoted pages to the discussion of the subject. Everybody argued about it. Everybody except Sweet Sixteen and "Light-Hearted Twenty-One." "Sweet Sixteen" gazed herself nearly into hysterics over it, and "Light-Hearted Twenty-One" did his best to keep his face straight whenever he thought of it—but it was hard work.

The Prince of All Ages.

Dr. Osler was to them the only sane man in the world. Who wanted to live after they were forty, anyhow? And what a nice, pretty world it would be with everybody sane and every day bright-eyed and gray about chocolates and the latest dance steps.

And now the man who created all this excitement by a line of humorous comment has gone the long road himself. I wonder if he longed for it.

Hardening of the Arteries

By Brice Balden, M. D.

HARDENING of the blood vessels is not usually a general process involving all the arteries to the same extent. It displays a tendency to attack individual systems; the kidney vessels, for those of the heart (for the heart itself has its own arteries) or those of the liver or brain, creating morbid states whose manifestations vary according to the region involved.

Therefore the initial symptoms are such as one would expect to result from disturbances of this or that local circulation due to the changes in the walls of the vessels. The blood pressure is usually heightened in arteriosclerosis especially when the arterial degeneration bears most heavily on the tissues of the kidneys and is associated with Bright's disease.

Constitutionally there is a slackening of the intellectual powers with inability to concentrate the attention, and diminished capacity for work. The subject of this condition is rapidly fatigued, and if effort be maintained in spite of this, headache and exhaustion follow. Under stress of excitement there is apt to be temporary loss of memory or disturbances of regularity.

This state is associated with a peculiar sensitiveness to the effects of alcohol and tobacco, which, even in moderation, are apt to cause distressing sensations that worry the patient and render him morbidly irritable.

Irritability of temper is a fairly constant manifestation, especially as the victim sooner or later becomes aware that his judgment is not as sound as it once was, that self-control is lessened, and that responsibilities weigh more heavily upon him than of yore.

More or less persistent headache is a common symptom in the early stages of arteriosclerosis. The patient awakes with it and during the day it increases in intensity. Mental effort, alcohol, tobacco and excitement aggravate it.

There is almost always more or less mental depression. Sleep is disturbed, though actual insomnia is uncommon. Sleep is less sound and refreshing than it ought to be and is peculiarly sensitive to trifling dietetic irregularities.

Giddiness, when it recurs daily is quite characteristic of beginning arteriosclerosis. The vertigo may be caused by mere change of position and may not amount to more than a feeling that things tend to "swim" before the eyes, while at the same time there is a singing in the ears.

Spring House Clothes

By Rita Stuyvesant.

AT this season of the year when women are busy planning their spring wardrobes, it is one to include a few pretty and useful house dresses. These days when so many women are obliged to do their own housework, many hours are spent in the home, and it is necessary to appear neat and yet be comfortable to do one's sweeping and dish-washing. Every woman should take pride in the wearing of a dress that is both comfortable and attractive, and that is a pleasant impression on the family and especially with children in later years.

A practical house dress that is easily laundered is cut in one piece with elbow-length kimono sleeves. There is a "laced" down the front. There is a two or three inch belt of self material at the waist to confine the fullness. This apron dress is best made from French blue chambray or of white organdie with white collar and band cuffs. Big pockets may also be patched on the front and are found convenient to hold one's change purse and "hanky."

Pink, green or yellow chambray is also attractive, for the house gown and striped and checked ginghams are well liked. Slip-on models are fashioned with square necks and are outlined with bands of the material. If one finds the white trimming too perishable, plain pink or any harmonizing color may be substituted.

For something a little more dressy when one's work is done there are some charming afternoon frocks of French crepe that are really lovely. Lavender crepe silk is fashioned with big collar and cuffs of white organdie makes an attractive little gown for the house.

A dress of this type was recently seen with a plain bodice buttoned in the back and short kimono sleeves. A big roll collar of the organdie, made detachable for laundering, finishes the neck and bands, too, of this same crisp fabric cuff the sleeves.

This lovely crepe might also be developed in old blue or old rose crepe with white organdie trimmings. Several sets of collars and cuffs will afford a change, so that a fresh set may always be worn.

Another smart model that is practical for home wear comes in navy blue voile with worsted embroidery in bright green. This frock is in two parts, consisting of a rather full skirt and hip-length overblouse. The overblouse has short sleeves cut in one with the body and is outlined with wool at neck and sleeves. When a girle of braided worsted is looped about the hips, the result is charming enough for any little housewife.

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Do You Know That—

The acts of the English Parliament go back to 1235; of the Scottish Parliament to 1430, and of the Irish Parliament to 1310.


Alcohol, when pure, are greenish in color, while water is distinctly blue in shade.

Adder, the name of England's only venomous snake, was originally nadder. Adders are practically the only snake known in Scotland.

In China, English has been adopted as the second official language.

A muff or muffin is a poor thing of a creature, a "regular muff," and a ragamuffin is a sorry creature in rag.


A Wiltshire Discovery.
Prehistoric remains recently unearthed about two miles from the famous Avebury Temple comprise portions of a human skeleton belonging to the Neolithic period, a very perfect specimen of a flint spear head, and fragments of a crudely ornamented urn composed of red ware. These remains were found only three feet deep in a bed of chalk flint, resting in river drift. The skeleton appears to be that of a diminutive individual of unknown sex, probably about 4 feet and 6 inches in height, and very muscular. The teeth, in an excellent state of preservation, show marked canine characteristics. The upper portion of the skull shows a very low type of development. These remains have been deposited at the British Museum.



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4 oz. .35	8 oz. .65
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8 oz. .50	16 oz. .85
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